THE CLASS OF 1970 of Appomattox County High School held its 10 year reunion on August 9, 1980 at Appomattox Middle School. Those present enjoyed a delicious dinner and then remembered "how it was 10 years ago". Forty-five class members and one teacher, Wilfred Rogers, were present as well as many spouses. Everyone agreed to reunite again in five years. The class picture includes (l to r)- Front row: Elizabeth Johnson Harris, Karen Lane Backlies, Lynn Martin Lucado, Mary Ellen Wingfield Watson, Ann Mayberry, Nancy Tyree Quick, Wanda Hillsman Booth, Glenda Paulette Hackett, Clair O'Brien, Barbara Maxwell, Kay Thomas Bondurant, 2nd row: Martha Williams Savitz, Betsy Jones Ballowe, Diana Dowdy Williams, Brenda Marsh Goin, Zandra Crain Elder, Cynthia Nash Thomas, Deborah Phelps Jamerson, Amy Scott Garrett, Nancy Mann Mann, Ella Elder Trent, 3rd Row: Martha Moon, Linda Jo Moses Mays, Ginger Hamilton Noble, Nancy Coleman Farmer, Lynn Doss, Jeff Norconk, Wayne Garrett, Leon Goin, Arthur Parsons. 4th Row: John Lawson, Jon McCraw, Neal Cabiness, Paul Hoke, Don Conner, Warren Hillsman, Ronnie Gowin, Ronald Tomlin, John Harris. 5th Row: Wilfred Rogers, teacher; Phillip Inge, Tom Noble, Mike Scott, Wilson Harvey, Ronnie Henderson, Luther Glenn. (Photo by Joe Vaughan)

Counted cross-stitch

More stitching tips

By SHIRLEY W. WALTON
Extension Agent

This is the second in a two-article series on counted cross stitch basics.

Listed below are some special stitching tips:

1. **Don't use too long a thread.** Before you begin work, hold your embroidery floss by one end and cut through all the threads on the other end. Thus, you will have threads only about 12 inches long. It is better to finish your threads off more often, than to have twisted threads.

2. **Twisted threads.** If your floss becomes twisted, just drop your needle and let it hang down. It will unwind by itself. To prevent your thread from twisting, drop your needle every few stitches.

3. **Hold your embroidery hoop** so that the screw is in the ten o'clock position. That is, well above your left hand. This will help to keep it out of your way as much as possible. Of course, if you are left-handed, it should be in the two o'clock position.

4. **Needles.** No needle should be left in the design area of your work. No matter how good the needle might be, it will in time rust. If you must put your work away quickly, put your needle in the corner of your fabric. Felt is the best for storing needles.

5. **Don't force your needle into the fabric.** The special weaving of this cross stitch fabric provides holes for easy stitching. If you have to force it, your needle isn't in the little hole.

6 **Mistakes will happen!** When they do, stitches must be taken out. Use a sharp pair of embroidery scissors and carefully slip blade under the thread on the back of the fabric and clip it. After clipping necessary number of threads, pull out cut stitches with your needle.

7. **Loose threads** on the back of work can be an eyesore. Don't jump too far from one area of your design to another. Finish off and start again. Loose threads, especially dark colors, will show through on the front.

8. To turn a border into a **corner,** set a mirror at a 45 degree angle on the border. Just like magic, you will see your border become a corner.

9. **Completed designs** should be soaked in cold water before assembling. If fabric is soiled, wash gently with mild soap. Rinse well under cold running water. Roll wet work in a terry towel. Do not wring. Press with a warm iron on the wrong side. It is most helpful to have the work face down on an old linen towel. This serves as a cushion for your work and does not flatten it.

10. **Signing your work** can add a special touch when you have completed a piece. It lets folks know that it was stitched with love and with a great deal of enjoyment.

The following are some basic rules when doing counted cross stitch:

1. Always make the top stitches in the same direction.

2. Do not carry the thread over more than four squares of open cotton fabric or four threads of linen. It will show through.

3. Do not use a knot. Knots make bumps. Always work your thread in or work over your thread underneath.

4. Keep the thread tails clipped short.

5. Stitches are worked from an empty hole to a full hole.

6. Work may be turned upside down 180 degrees, but never 90 degrees.

Happy cross stitching ! It truly is like eating peanuts- the more you do, the more you enjoy it, and no calories are involved. **Good Luck!!**

If you have a homemaking question or problem, please call 352-8244 or write P. O. Box 488, Appomattox, Va. 24522. Have a good week!

RECIPE OF THE WEEK
BAR-B-QUE MEAT BALLS

1 c. soft bread crumbs
½ c. milk
1 pound ground beef
½ t (or more) salt
dash pepper
Cover crumbs with milk. Add ground beef, salt and pepper. Shape into balls (small for party, larger for dinner), place in casserole dish and cover with Sauce:
¼ c. vinegar
1 T. sugar
2 c. catsup
½c. water
½ c. green pepper (may use less)
1½ T. Worcestershire sauce
Mix sauce ingredients and pour over meat balls. Bake uncovered 45 minutes in a 375° oven.

Good news for homemakers

Sunflowers: a new cash crop?

By JAMES A SMITH
Extension Agent

A lot of farmers are at least thinking about sunflowers as a cash crop. Some are testing the crop this year. Near Pamplin O. H. Tolley and son have planted 20 acres. They make an attractive and interesting view from Route 47, just east of Pamplin.

Most of the research with sunflowers has been done in Russia. For some time production in this country has been geared to confectionary type of seed (large) for birds and human consumption. The trend is away from this type to a smaller black seeded variety that has a high oil content. After the seed are crushed, the bi-product is marketed as sun meal.

Currently there are no markets in Virginia but there are three in North Carolina. A good yield is 2,000 to 3, 000 pounds per acre.

One of the big questions about sunflowers is can they compete with soybeans. Many people say that there is no way with current soybean prices.

* * *

Next Thursday evening, September 18, 7:30 to 9:30, Dr. Wayne Purcell, Virginia Tech Agricultural Economic Staff, will conduct a swine marketing program at the Prince Edward County Extension Office.

The thrust of this session will be to teach the basic concepts of hedging as one means of orderly marketing

The South 40

of hogs.

A $2.00 registration fee will cover costs of materials.

Swine producers and lenders are invited to this program.

* * *

A conference on "Wood as a Commercial Energy Source in Virginia" will be held October 1 and 2 at the Holiday Airport Inn in Richmond. Those in business who contemplate wood as an alternate or supplementary energy source will find this program meaningful. Registration forms and programs are available from this office.

* * *

The Abington yearling steer sale last week didn't have much good news from feeder cattle producers. They averaged $5.88 less than a year ago. The lightweights took the most cut--500 to 600 pound steers were off $11.38 and 600 - 700 pounders were off an even $12.00.

* * *

The July 1 report shows Virginia cattle numbers up 16%, compared with a year ago, while nationally cattle numbers are up only 4%.

A similar occurrance was experienced with soybeans--nationally soybean acreages is down about 4%, but Virginia soybean acreage is up 30%.

* * *

Mark October 2, 7:30 p.m., Appomattox County High School Auditorium for a Credit Forum.

This program is for producers and lenders and is a multi-county meeting. There are some programs to help farmers meet the problem associated with the 1980 drought. Don't miss this program.

Charge-wide

Methodists plan study

The Centenary, Evergreen, Pamplin and Piney Ridge United Methodist Churches will start a charge-wide Bible study at the Pamplin United Methodist Church Sunday night, Sept. 14, at 7:30 p.m.

The study will focus on the gospel of John. The public is cordially invited to join in as the group delves into the depths of God's word.

Iotas slate lunch

Members of Iota Chapter of Delta Kappa Gamma will commence their year with a pot-luck brunch in the all-purpose room at Seven Hills School at 10:00 a.m. Saturday, September 6.

The brunch will be followed by workshops at 11:00 a.m., during which time the group will plan activities and meetings for the coming year, emphasizing the state theme for the year, "Designing Quality Living: Lamp of Beauty".

Officers are Nellie Finch, president; Martha Trevey, first vice-president; Marie Waller, second vice-president; Eva Shober, recording secretary; Muriel Casey, corresponding secretary; Margaret Farrar, treasurer; and Helen Murray, parliamentarian.

Hospitality chairmen are Bonnie Benedict and Joan Tice.

PTA plans meeting

The Appomattox Elementary School PTA will meet Monday, Sept. 15 at 7:30 p.m. at the school.

This will be "meet the staff night". Parents are invited to come out and meet their children's teachers and the new principal, Mr. Bowmann.

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